

So You Think You Can Cook?

Join Thrive and **Shahin Motakef**,
our Sous Chef for the day.

We will demonstrate how to prepare
a quick, nutritious, and delicious meal.

Email Stephanie.Dean@BSWHealth.org to sign up for this event!

Walk-ins are welcome.

What? Cooking Demo

Where? Doctor's Conference
Room

When? Thursday,
September 1st,
12:00—12:30 PM

